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Segues Christian Counseling LLC
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(734)347-4639

PROFESSIONAL DISCLOSURE STATEMENT

INFORMED CONSENT

I consider the opportunity to hear the many life stories of my clients to be a privilege and will do my very best to serve you. You, the client, are asked to consider the uniqueness of the professional counseling/counselor relationship. This statement includes information on my view of counseling, what you can expect from the counseling relationship, my qualifications, and the limitations of the counseling relationship. It is very important that you understand the information within this document before you begin the counseling process. This information and how it applies to you will be discussed during our first appointment. You will be asked to sign an Informed Consent Form that states your agreement with information presented and that you are voluntarily entering into the professional counseling relationship. I will conduct myself in an ethical manner as outlined in the standards published by the American Counseling Association and the American Psychological Association.

Counseling Process and Approach

The purpose of the counseling relationship is to assist you in resolving the issues and concerns that you are seeking help for. My counseling style focuses on building relationships with my clients, thereby allowing me to examine their behavior, thought patterns and emotions. I believe a strong relationship is vital to a successful counseling experience. We will work together to formulate treatment goals and objectives for the best possible outcome. I will utilize an approach that focuses on how our thinking is responsible for our behaviors. This is called, "Cognitive Behavioral Therapy." I generally will focus our sessions in the "here and now" (present) but may also explore your past. Exercises, homework and some further reading may be included in the treatment process to improve functioning and practice skills learned in sessions. Change can take on many forms. Sometimes it is quick and easy and other times it can be slow and difficult. In the event that your issues/concerns are beyond my scope of expertise/training, I will inform you of your options and initiate any referrals necessary.

Counseling is a process that takes time and effort from both of us. In the event that you develop concerns regarding the length of the counseling relationship, it is very important that we discuss these concerns together. Barriers to the counseling process will impede your growth and fulfillment, so please inform me of any issues that may arise.

Sessions and Financial Arrangements

To achieve the best result from the counseling relationship, it is imperative that consistency is established in regards to appointment dates and times. Frequent changes in an appointment without notice may result in your being billed for that missed or rescheduled hour. All sessions last between 30-55 minutes. Our initial session may last 60-75 minutes. Initially, we may meet once a week, then less frequently as you begin to reach your goals. The process of ending counseling is called "termination" and is a very valuable part of our work together. Stopping counseling should not be done casually; though either of us can end counseling if we feel it is in your best interest. If you wish to stop counseling at any time, I would ask that

you meet with me for at least one additional session to review our work together. Financial agreements will be agreed upon at the first session. I currently accept certain insurances, cash or a check.

Counselor Background

My training as a counselor was obtained through Spring Arbor University. I received my M.A. in Professional and School Counseling in November 2008. I received my Bachelor's degree from Eastern Michigan University in Written Communications with a minor in Speech in April 1987. I have worked as a Behavioral Specialist at Blissfield Community Schools for 9 years providing individual and small group counseling, contributing in IEP meetings, served as the testing coordinator for state testing initiatives and also served as the District Homeless Liaison and Link Crew Coordinator (A mentoring program for freshmen.) For the past 2 years, I worked at Parkside Family Counseling in Adrian where I provided individual, family and couple's counseling, I also worked in several elementary schools in Adrian for several months providing counseling to elementary children. I have extensive experience working with teens and children. I have used play, sand tray and art therapy in my counseling sessions with this clientele and I frequently allow my certified therapy dog Murphy to accompany me. I have participated in Prepare/Enrich premarital and marital inventory training as well as the Gottman marriage counseling (Level 1) training. I am a member of the American Counseling Association and the American Association of Christian Counselors. I am a Licensed Professional Counselor in the state of Michigan (License number: 6401011189) as well as a Licensed School Guidance Counselor. I am also licensed to practice counseling in the state of Ohio (License number: 1801488.) I am an Approved Clinical Supervisor for LLPC's who are seeking post-graduate supervision. I regularly attend seminars and workshops to further my clinical resources and skills. I may share information regarding my clients with another Licensed Professional Counselor for consultation purposes, accountability and to continually upgrade my skills. This information will remain confidential and be used only within the context of the consultation relationship.

I believe each individual has their own set of unique gifts and talents. I am a Christian and believe that each person is a created being worthy of honor and respect. I believe that God is the ultimate source for healing and wholeness. While I am open about my spiritual affiliation, I feel comfortable and have experience working with people from all backgrounds and races. I do not attempt to coerce my clients into accepting my beliefs, but I will discuss spiritual issues with you when I feel that it may be therapeutic.

Counseling Practice

My private counseling practice focuses on children (ages 10 and above), teens, adults, families and couples. I am trained to work with many issues such as: Anxiety disorders, depression, issues related to various Learning Disorders, unresolved grief, mood and personality disorders, anger issues, dysfunction in relationships and families, premarital and marital counseling and codependency. Other issues I am trained to address are interpersonal issues/self-esteem, and career concerns. We will meet once a week for 30-60 minutes individually unless the situation warrants greater frequency. Family and/or group therapy is also available and may be utilized if mutually agreed upon. Counseling will end when both you and I agree that your goals and objectives have been successfully met. As a Professional Counselor, I reserve the right to terminate the counseling relationship in the event the continuance of the relationship is ill advised. This will occur when appropriate continuance of care is in place. All aspects of my counseling care are based upon the foundation of "doing no harm to the client."

I only offer counseling services to individuals who reside in my current licensing state: Michigan and Ohio.

Confidentiality and Limits to Counseling

The information we share during our counseling sessions is considered confidential, and what you tell me will be received with respect and professionalism. There are some **limits to confidentiality** that you need to know. If I believe that you are about to do harm to yourself or to another person, or if I believe a child or elderly person has been, or will be abused, I cannot guarantee confidentiality. In these cases, laws regarding duty to protect require me to inform police and/or the parties involved. In the event that a court of law should order the release of confidential information, I may request the information not be disclosed, but ultimately I will comply with the court's decision.

Confidentiality of Email and Cell Phone Communication: Therapeutic communication via email will be delivered through encrypted means. Every effort will be made to keep all cell phone communications confidential with the exception of "Limitations to confidentiality" as stated above.

After Hours or Emergency Situations

I do not provide inpatient or 24-hour care and cannot promise that I will be available at all times. **If you have an urgent situation that you feel needs immediate attention and I am not available, please call your primary care physician, or in an emergency dial 911. Crisis resources and hotline phone numbers are available in my office.**

Ethics and Complaint Procedures

As a Licensed Professional Counselor, I will provide services in a manner that are consistent with ethical standards of the American Counseling Association. However, it is impossible to guarantee specific results regarding your counseling goals. Referral to another counselor or service will be discussed if progress is not achieved at a satisfactory level or in the event that additional services may be in your best interest.

As a counselor, I cannot offer advice on any areas outside of my profession, such as medicine or law. As a counselor, I am required by law to keep what you tell me in our counseling sessions private. I try not to reveal who my clients are. If I should see you in the community and appear to be quiet or unfriendly, this is not a personal reaction to you, but is my effort to guard your privacy. As a counselor, I cannot have any role in your life that may lead to your exploitation. I cannot enter into business deals or have any personal relationship with you beyond the counselor-client relationship. This includes social media networking sites i.e. Facebook, Instagram, Pinterest etc. This is for your protection so you may receive the maximum benefit from therapy.

If you are dissatisfied with my counseling, please do not hesitate to let me know so that we may work together toward a more satisfactory end, or I may refer you to another practitioner who may better suit you. If you think I have treated you unfairly or unethically, and we cannot solve the problem, contact:

Michigan Department of Community Health

Complaint and Allegation Division

P.O. Box 30670

Lansing, MI 48909

(517) 373-9196